

Tips of the Week:

- Did you know that grapefruit is in season in winter and early spring? It received its name because it hangs in clusters on the tree – like a bunch of grapes. Grapefruit is full of Vitamin C, Vitamin A, potassium, and lycopene. When picking one, look for heavy grapefruit that has smooth skin without any soft spots. Grapefruit can be stored on the counter for a week or in the refrigerator for up to 8 weeks. Eat half a grapefruit with breakfast or break it into sections to put on a salad. Enjoy!
 - **Grapefruit does react with certain prescription medications, so check with your doctor if you have any questions.*
- Did you know that adults should be getting 30 minutes of exercise every day, and kids need at least 60 minutes? Walking is an easy activity that can help with weight loss or maintenance, keeping your heart healthy, and reducing stress. All you need is a good pair of shoes and comfortable clothes. If you haven't done much walking before, start walking for only 10 minutes at a time and increase the amount of time every week. Try to walk most days of the week. Take the kids with you. They'll enjoy it as well. Make sure you drink plenty of water, and have fun!
- We all remember our mothers telling us to eat our vegetables, and we know how important they are, but how do you really get your child to eat their vegetables? Start by offering a variety of foods at each meal. Let your kids see you eating your vegetables. Your child wants to be just like you and will copy what you do. Start by offering a small amount, and make sure there is something else available in the meal that your child will enjoy. Remember that children may have to be exposed to a new food up to 15 times before they'll try it, so be patient. It might also help to let your child pick out a vegetable while you are at the grocery store, or ask them to help prepare it. Kids are more likely to eat something if they picked it out or helped make it.
- Exercise can help your kids have stronger bones, maintain a healthy weight, and reduce their risk of chronic diseases later in life. Kids should be getting at least 60 minutes of exercise or active play each day. So how do you make sure your child is getting enough exercise? Start by limiting the amount of time your child spends watching TV and movies or playing video and computer games. Set a regular, scheduled time for exercise and activity each day. Finally, be a positive role model for your child by being active yourself.